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### **El Dolor en la Cultura: Latinx Depression and Coping Mechanisms**

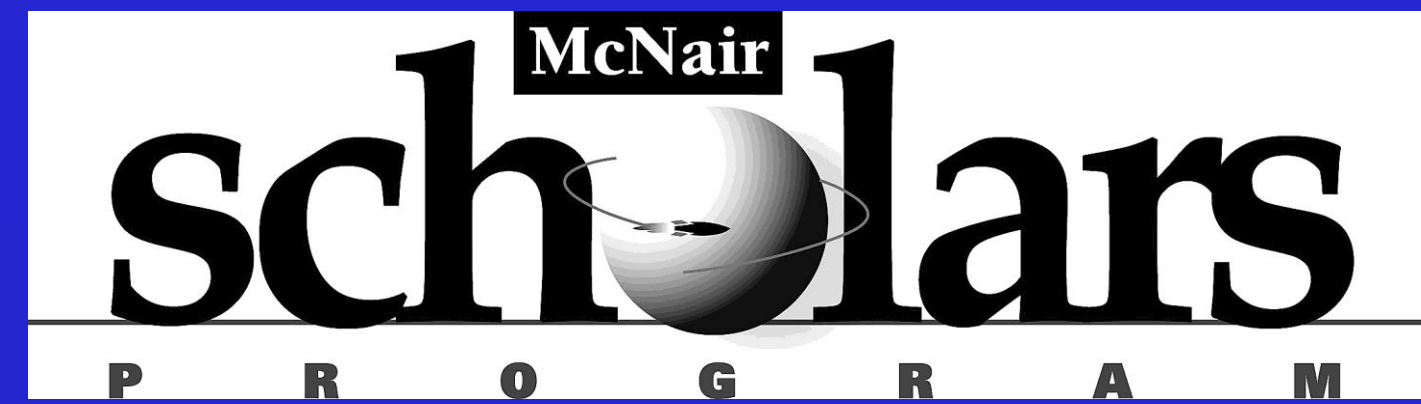
Ricel Lopez

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# El Dolor en la Cultura: Latinx Depression and Coping Mechanisms



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## Research Question

How do Latinx College Students Experience Seeking Help for Depression?

## Purpose

This study aims to investigate the impact of identity, socio-economic status and stigma that Latinx college students experience when seeking help for depression.

## Domains

**Identity:** Being Latinx

**Stigma:** Stigma associated with depression

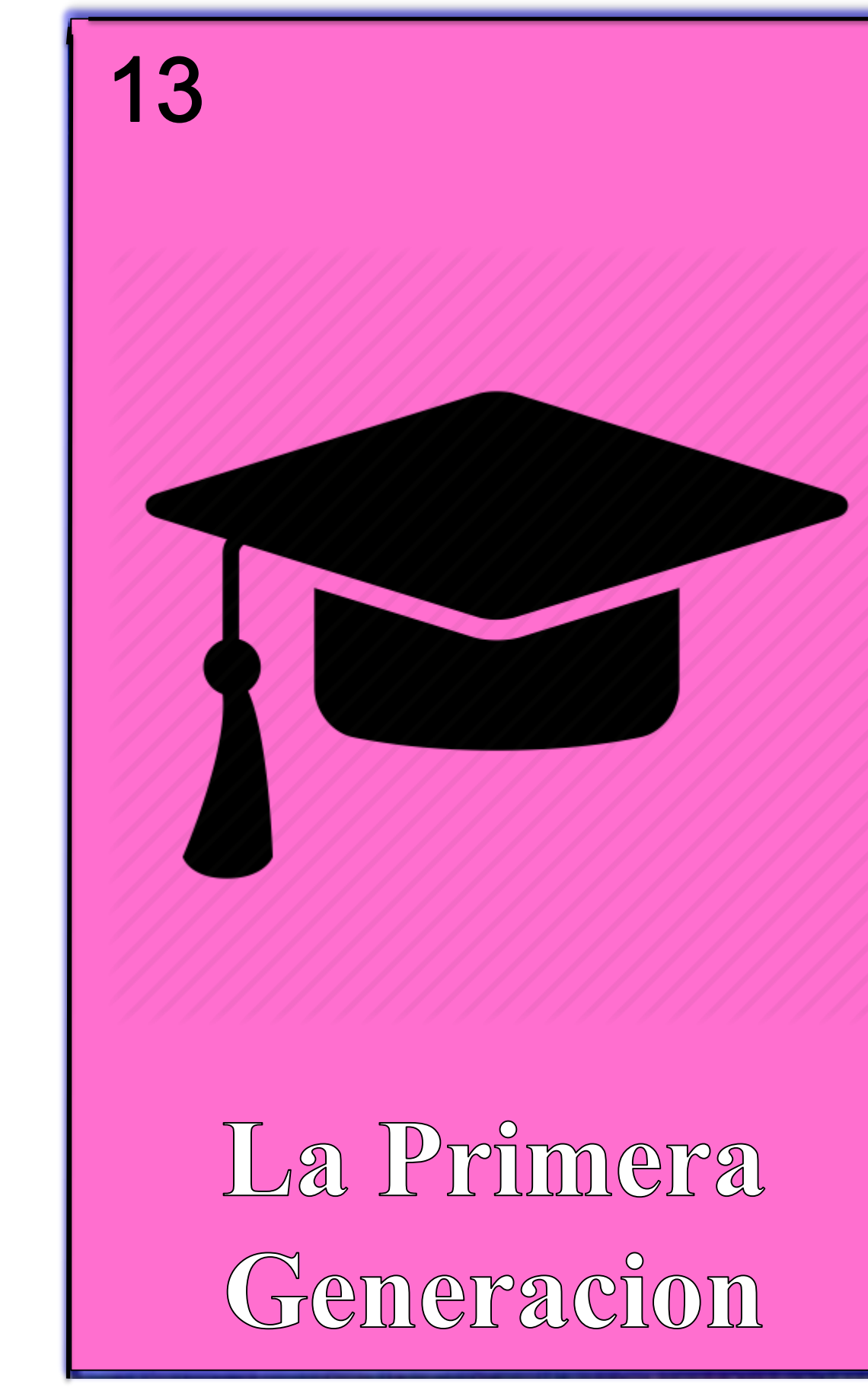
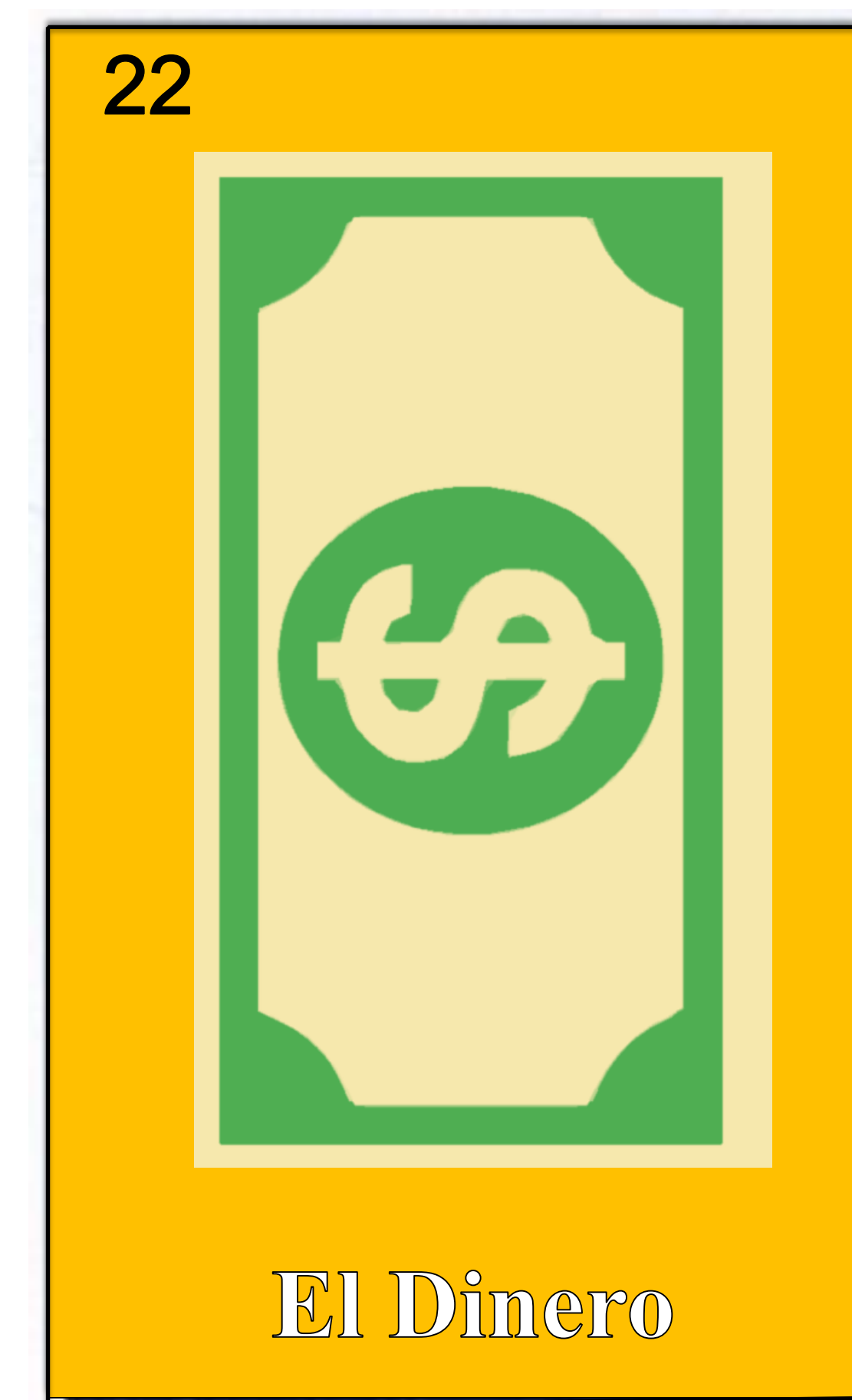
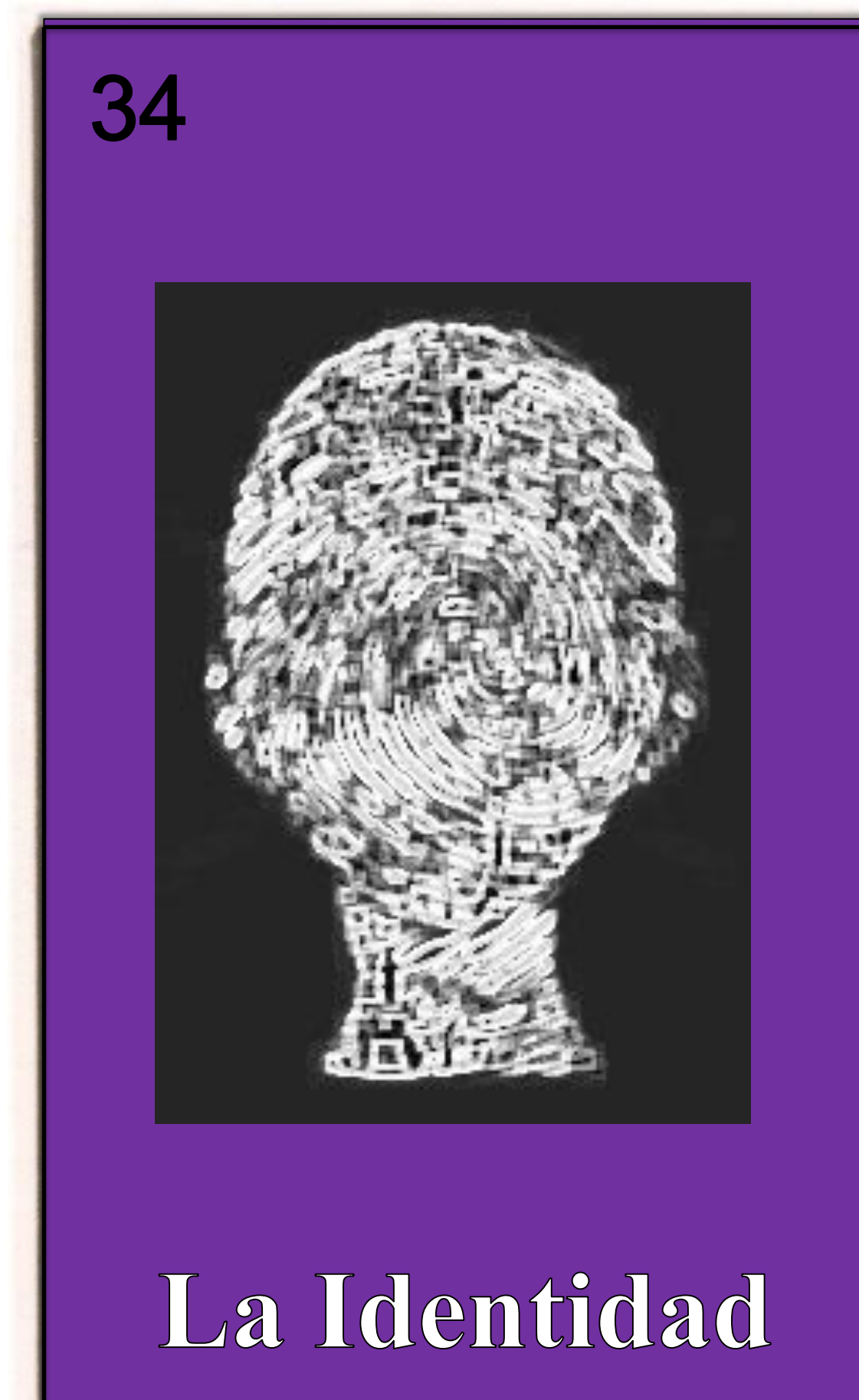
**Social Determinants:** Race, Education, and Socio-economic status

## Methods

Semi structured interviews were conducted.

Participants all identified with being Latinx college students, coping with depression, & identifying as low socioeconomic status

## Themes:



## Quotes from Participants:

*"It's a blessing and a curse. Being POC 'cause I've had this like really broad pride, but like because of the expectations are so much higher and my mental health like I'ma tell you right now, I'm fine, but I am drowning. " – Rose*

*"I don't have enough money to pay for school like where am I going to get this money to pay for the rest of my semester? And then, just like feeling like depressed about it. And just like being unmotivated, just being like not willing like super stressed like having breakdowns like every other day."- Jake*



## Coping Mechanisms Found:

- Being in a community
- Cannabis/drugs
- Therapy
- None

## Recommendations:

- Create a stronger sense of belonging
- Educate faculty/staff about cultural competencies leading to cultural humility
- Create a better understanding of depression for students & family
- Establish a holistic approach

## References

